



State of Arizona
Department of Education

Tom Horne
Superintendent of
Public Instruction

CN# 06-06

MEMORANDUM

To: School Health & Nutrition Program Sponsors

From: Mary Szafranski, Deputy Associate Superintendent
Arizona Department of Education, Health & Nutrition Services

Holly Mueller, Program Director
Arizona Department of Education, School Health & Nutrition Programs

Date: September 9, 2005

RE: Fruit and Vegetable Requirement for Component Based Menu Patterns

Some LEAs have requested clarification regarding the requirement of two sources of fruits and vegetables for component based menus. This memo serves to clarify the fruit and vegetable requirement for Traditional and Enhanced meal patterns.

For the purpose of the fruit and vegetable requirement, a source is defined as a menu item not necessarily a specific fruit or vegetable. For example, a side salad containing lettuce, tomato, and cucumber is one menu item even though it consists of three different fruits and vegetables. In meeting the fruit and vegetable requirement for component based menus, this would not meet the fruit and vegetable requirement since it is combined and considered one menu item. Furthermore, this would indicate that menu items such as mixed vegetables, fruit cocktail, and fruit salad will be considered as one of the two fruit and vegetable requirements for component based menus and will still require an additional serving of a fruit or vegetable to meet the Traditional or Enhanced meal pattern.

Most LEAs currently meet this requirement and will not have to change their menus. However, there are some LEAs who will be required to adjust their menus to meet this requirement. As a best practice all LEAs should strive to offer numerous fruits and vegetables. Those LEAs that offer a wide variety and selection of fruits and vegetables to their students often meet the SMI standards more easily. Their menus are typically higher in fiber, vitamin C, vitamin A, and lower

in fat and saturated fat. A key factor in encouraging students to consume more fruits and vegetables is increasing access. In May 2004 School Foodservice and Nutrition Magazine highlighted schools that increased students access to fruits and vegetables and thus increased consumption. Proving that the more access students have to fruits and vegetables the more likely they are to eat them. For more information on serving fruits and vegetables to students please refer to USDAs Fruits and Vegetables Galore manual.

In school year 2005-2006 ADE will be providing technical assistance on this requirement. However, for school year 2006-2007, LEAs not meeting this requirement during their CRE and/or SMI review may require ADE to take fiscal and/or corrective action, depending on the significance of the finding.

If you have questions or concerns regarding this memo, please contact your assigned School Health & Nutrition Program Specialist at 602-542-8700.